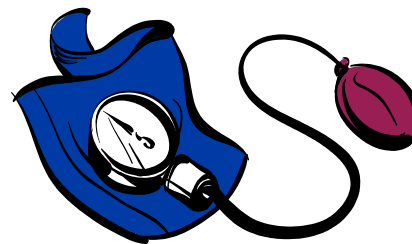


Lunch with Nurse Steve



"Why am I so weak?"

Thursday, October 10, 11:45 a.m.

Nurse Steve's talk will be "a discussion of muscle strength and how it changes as we grow older."

"Why do my fingernails look so different?"

Thursday, November 14, 11:45 a.m.

Nurse Steve's talk will be "a discussion on changes to our finger and toe nails that reflect changes to our overall health."

"Why should I check the organ donor box on my driver's license?"

Thursday, December 12, 11:45 a.m.

Nurse Steve's talk will be "a discussion on organ donation as a gift that goes on living."

Lunch: Reserve your meal (see monthly menu) a week in advance.
\$5.00 (Regular meal cost)

Nurse Steve's talk at 12:15 p.m. is free.

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

Like us on Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter-FrederickCountyMD)

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/318/Urbana-Senior-Center